

### Cognitive Behavioral Therapy

CBT question:	Purpose
what specific thoughts were you having at that moment?	identifying automatic thoughts
how did that thought make you feel about yourself?	exploring emotional impact
on a scale of 1-10, how much do you believe that thought?	assessing belief strengths
what evidence supports/refutes this belief?	encouraging critical thinking
have you ever had a situation where that belief was wrong?	challenging thought patterns
how might someone who loves you challenge that thought?	shifting perspective
if you believed the opposite, how might your behavior change?	considering alternative actions

### Cognitive Behavioral Therapy (cont)

are you generalizing this to other areas of your life?	identifying cognitive distortions - all or nothing thinking
what's the worst case scenario? how would you cope?	anxiety reduction through problem solving
how does holding this belief benefit or hinder you?	exploring pros/cons of maintaining the thought
what advice would you give a friend with this thought?	gaining an objective perspective
what would you like to think instead?	encouraging healthier thinking
are there behaviors based on this belief?	linking thoughts to behaviors
does this thought align with your core values?	evaluating belief alignment with values
what triggers or patterns bring up this thought?	identifying triggers and patterns

### Cognitive Behavioral Therapy (cont)

in what situations is this belief most accurate?	contextualizing the belief
how would you feel without this belief?	exploring emotional impact of change
do any actions reinforce this belief?	recognizing reinforcing behaviors
how might changing this belief alter future decisions?	motivating positive future changes

### Cognitive Behavioral Theory basis

emphasizes the connection between our thoughts behaviors and feelings	
aims to identify and challenge negative thought patterns	

### Existential Therapy Questions

ET Questions:	Purpose
what gives your life meaning and purpose?	exploring personal meaning and value
How do you relate to the idea of freedom in your life?	Reflecting on autonomy and choice
What personal responsibilities do you often ponder about?	Examining individual responsibility

### Existential Therapy Questions (cont)

How do you cope with feelings of loneliness or isolation?	Understanding responses to existential isolation
What are your thoughts on the inevitable nature of death?	Addressing mortality and death anxiety
How do you define a life well-lived?	Exploring personal philosophies of fulfillment
What stands between you and living authentically?	Identifying barriers to authenticity
How do you grapple with life's uncertainties?	Coping with ambiguity and unpredictability
Where do you find hope when confronted with challenges?	Identifying sources of motivation during hardship
What experiences make you feel most alive?	Exploring moments of deep engagement and vitality
How does the idea of choice influence your decisions?	Reflecting on the power of personal decisions



Existential Therapy Questions (cont)	
When do you feel most connected/disconnected from the world?	Exploring feelings of connection or alienation
What existential fears or anxieties do you often contemplate?	Addressing existential concerns
How do you derive meaning from your relationships?	Understanding the role of relationships in meaning-making
Do you feel trapped by societal norms or expectations?	Reflecting on societal pressures and personal freedom
What legacy or impact do you hope to leave?	Exploring ideas of legacy and contribution
How do you view your journey of self-discovery and growth?	Reflecting on personal evolution
Do you question your significance or worth?	Examining self-worth and existential doubt

Existential Therapy Questions (cont)	
How do you reconcile with past regrets or missed opportunities?	Processing regret and acceptance
What beliefs guide you when navigating life's complexities?	Exploring guiding principles in challenging situations

**Existential Therapy**

dives into life's fundamental questions, such as the meaning of life, freedom and responsibility, isolation, and mortality.

aims to help individuals confront these existential concerns, find purpose, and lead a life that feels authentic

Psychodynamic	
Psychodynamic Therapy Questions	Purpose
can you recall an early memory that this current situation reminds you of?	exploring links between past and present
how did you feel in your family growing up?	examining family dynamics and emotional development

Psychodynamic (cont)	
do you notice any patterns in the types of relationships you form?	identifying repetitive relationship patterns
how does this relationship compare to ones in your past?	drawing parallels between past and current relationships
what did you learn about trust, love and conflict as a child?	uncovering learned beliefs about relationships
can you remember a time when you felt similarly as a kid?	accessing childhood emotions linked to current experiences
how do you think your childhood shapes your current reactions?	understanding how early experiences impact present behavior
what role did you feel you played in your family growing up	exploring identity formation within family dynamics
do you recall any recurring dreams from the past or present?	uncovering unconscious material through dreams

Psychodynamic (cont)	
in what ways might you be repeating behaviors from earlier life?	identifying cyclical behaviors rooted in the past
what thoughts arise when you think about [specific past event/person]?	processing unresolved feelings related to the past
how did your family handle emotions like anger or sadness?	exploring emotional regulation and family emotional dynamics
how might this issue have roots in a past experience or relationship?	connecting past experiences with present issues
do certain situations make you feel younger or take you back to a past time?	investigating regression and emotional responses
what hopes or fears from your childhood might still be influencing you?	uncovering lingering childhood anxieties or desires





Intervention list for notes	Interpersonal Insights (cont)	Interpersonal Insights (cont)	Interpersonal Insights (cont)
cognitive challenging	can you describe identifying a recent situation unmet where you felt emotional unsupported? needs	how do mood changes influence interactions? examining the effects of emotions on relationships	are there times when you feel isolated from loved ones? identifying feelings of emotional distance or isolation
cognitive refocusing	how do you explore handle conflicts or disagreements? understanding support when you are feeling down? seeking behaviors	is there a strained relationship right now? resolving current relational tension	what steps do you take to mend or strengthen relationships? fostering active efforts in relationship building
cognitive reframing	have recent events changed the dynamics of your relationships? analyzing external influences on relationships	how do you cope when someone close is going through a tough time? understanding emotional support in difficult times	
communication skills	how do you feel after interactions with specific people? reflecting on the emotional impact of interactions	what expectations do others have of you? examining perceived social expectations	
compliance issues	is there a give and take in your relationships? assessing reciprocity in relationships	are unresolved feelings from past relationships affecting the present? exploring the impact of past experiences on current relationships	
DBT	how would you describe your role in your group? exploring identity within social circles	how do you react when you feel misunderstood? reflecting on communication and emotional priorities	
exploration of coping patterns	are there patterns you would like to change? identifying problematic interpersonal patterns	do you feel like your genuine self around others? assessing authenticity in relationships	
emotions exploration		how do external stresses impact your relationships? analyzing how external factors affect interpersonal dynamics	
relationship patterns			
guided imagery			
interactive feedback			
interpersonal resolutions			
mindfulness training			
preventative services			
psycho education			
relaxation/deep breathing			
review of tx plan			
role play			
behavioral rehearsal			
structured problem solving			
supportive reflection			
symptom management			

### Interpersonal Theory IPT

Interpersonal therapy shines a light on the intricate web of our relationships, understanding how they impact our mental well-being and vice versa. By addressing and refining these interpersonal dynamics, individuals can often find relief from emotional distress and forge stronger, more fulfilling connections

### Potential Questions for initial session

- can you share what brings you here today?
- have you had any prior experience with therapy?
- what do you hope to gain from our sessions?
- can you tell me a bit about your current living situation and relationships?
- how would you describe your mood or feelings over the past few weeks?

### Potential Questions for initial session (cont)

are there specific events or experiences that have significantly impacted your life?

how do you usually cope with stress or challenges?

are there any immediate concerns or crises you are currently facing?

what are your strengths or things you are proud of?

how do you feel about starting therapy?

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By **ts3414**

[cheatography.com/ts3414/](https://cheatography.com/ts3414/)

Not published yet.

Last updated 7th October, 2024.

Page 5 of 5.

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